



Barley, Black Bean, and Corn Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.8 cup corn kernels frozen
- ☐ 8 cups curly leaf lettuce thinly sliced
- ☐ 2 cups fat-skimmed beef broth fat-free organic
- ☐ 8 8-inch flour tortilla ()
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.5 cup salsa
- ☐ 0.8 cup sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup cream light sour

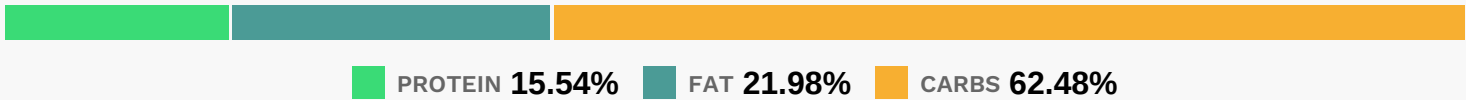
Equipment

- ☐ slow cooker

Directions

- ☐ Place first 11 ingredients in a 3- to 4-quart electric slow cooker; stir well. Cover and cook on LOW for 4 hours or until barley is tender and liquid is absorbed. Stir in 1/4 cup cilantro.
- ☐ Heat tortillas according to package directions. Spoon 2/3 cup barley mixture down center of each tortilla.
- ☐ Sprinkle each with 1 1/2 tablespoons cheese; roll up.
- ☐ Place 1 cup lettuce on each of 8 plates; top each with 1 burrito. Spoon 1 tablespoon salsa and 1 tablespoon sour cream over each serving.
- ☐ Sprinkle with additional cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:25.45869576931%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 415.2kcal (20.76%), Fat: 10.37g (15.95%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 66.33g (22.11%), Net Carbohydrates: 54.02g (19.64%), Sugar: 5.53g (6.15%), Cholesterol: 15.63mg (5.21%), Sodium: 891.83mg (38.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Vitamin A: 3184.08IU (63.68%), Vitamin K: 60.88µg (57.98%), Manganese: 1.05mg (52.27%), Fiber: 12.31g (49.23%), Folate: 164.63µg (41.16%), Selenium: 26.95µg (38.5%), Vitamin B1: 0.52mg (34.39%), Phosphorus: 338.34mg (33.83%), Iron: 4.86mg (27.01%), Vitamin B3: 4.99mg (24.94%), Calcium: 230.38mg (23.04%), Magnesium: 91.72mg (22.93%), Vitamin B2: 0.35mg (20.82%), Copper: 0.39mg (19.36%), Potassium: 640.79mg (18.31%), Zinc: 2.16mg (14.39%), Vitamin B6: 0.29mg (14.36%), Vitamin C: 8.77mg (10.64%), Vitamin E: 1.04mg (6.91%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.29µg (4.77%)